1Pudding, bread10

Number of Servings: 10 (126.48 g per serving)

Amount	Measure	Ingredient
8.00	ea	Bread, whole wheat, 100%, classic
1.00	tsp	Spice, cinnamon, ground
1/4	cup	Raisins, seedless, unpacked cup
5.00	ea	Eggs, whole, raw, lrg
2 1/2	cup	Milk, nonfat/skim, w/add vit A & D
2.00	tsp	Flavor, vanilla extract
1/4	cup	Sugar, white, granulated
0.13	tsp	Spice, nutmeg, ground
1.00	cup	Topping, whipped, lite, Cool Whip

Nutrients per serving

Nutrition Facts

Serving Size (126g)
Servings Per Container

Amount Per Serving

Calories 160	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	36%
Sodium 180mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	7%
Sugars 13g	
Protein 8g	

Vitamin A 4% • Vitamin C 0%
Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

* Prepare day before
YIELDS: 10 Servings
PAN SIZE: 2 Quart Baking Dish for each 10 servings
TEMPERATURE: 375° F. Oven
Potentially Hazardous Food. Food Safety Standards: Cool after baking to internal temperature of <40 degrees F. Serve refrigerated bread pudding chilled to <40 degrees F.
METHOD:

1. Heat oven to 375° F.

2. Combine bread cubes, raisins and cinnamon; mix well and place in a 2 quart dish.

3. Slightly beat eggs. Stir in sugar and vanilla. Beat until sugar is dissolved. Heat milk until hot and add to eggs, stirring contantly while adding; beat well. Pour over bread cubes and let soak for 5 minutes.

4. Sprinkle with nutmeg. Bake for 25 minutes or until knife blade in middle comes out clean.

5. Cut into # of servings recipe yield indicates. Top each piece with 1 1/2 T Cool Whip Lite.

Each piece = 24 grams carbohydrate = 1 1/2 Carb Serv

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